

## On Diarrhea.

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This is a term derived from a Greek word signifying to flow through, and is the name of a morbid affection defined by writers, a preternatural increase of the peristaltic motion of the bowels. But the disease is produced by so many causes, and is so diversified according to the difference of these causes, that no precise definition calculated to embrace every species of it, can be laid down.

Cullen, and others have endeavoured to distinguish it from Dysentery with which it is most apt to be confounded, by stating, that, Diarrhea is not contagious, is generally without fever, has evacuations tho' not perfectly natural, yet, more so than Dysentery, and is attended by much less tormina, and tenesmus. All this is true (says Dr. Chapman) as a general rule, but take the most aggravated form of the one, and the mildest of the other, and they will be found so much alike in all their leading characteristics as hardly to be distinguished.

It differs from Cholera (according to Dr. Cullen) chiefly in its causes, which in Cholera are of one peculiar kind, in Diarrhea prodigiously diversified, also by the discharge down-

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wards in the former, being of bilious matter, accompanied by vomiting of the same. This account however I am inclined to believe is incorrect, as I have frequently seen Cholera produced by causes which are well known to produce Diarrhoea, as the eating of fruit, &c. and he himself afterwards states, that, Diarrhoea is sometimes attended with vomiting, and that loss of bile.

Diarrhoea is confined to no particular climate, or country, but is familiar to the medical men of every section of the globe. It is incident to every period of life, from infancy to extreme old age. When it attacks young persons it is by no means so dangerous as when, those more advanced in life. Its debilitating effects are not so rapid in them, and its cure more easily effected.

Sometimes the disease comes on very gradual, at others sudden, & not unfrequently degenerates into Dysentery. It sometimes alternates with other diseases, especially Rheumatism, and this is more usually the case when it arises from cold.

It is stated by St. Druar, that in some cases of Diarrhoea there is a predisposition in the system to the disease, which only wants an exciting cause to develop it, or bring it into action, and as the same causes are frequently seen to produce different diseases

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I am inclined to believe he is correct. This I think is exemplified in the circumstance of checked perspiration producing in some cases fever, in others Diarrhoea. Why it produces the one in preference to the other, can I think be accounted for only, on this principle.

A predisposition is formed frequently by that debility which follows acute diseases, especially certain forms of fevers. Excessive heat is another of these causes, particularly where the patient is unaccustomed to it.

Diarrhoea is divided by Nosologists into Idiopathic, and Symptomatic. The first is produced by substances taken into the stomach, and acting either by their quantity, or quality. By matters poured into the cavity of the intestines by the excretories opening into them. By mucous matter from the mucous follicles of the intestines. By changes of food, and water. By relaxation, and debility of the alimentary canal, and numerous other causes which would be useless for me to enumerate.

The second division embraces those causes which act on the alimentary canal through the medium of the general system. These are cold applied to the surface, checking perspiration, vehement passion, excessive fatigue, &c.

*[Faint, mostly illegible handwritten text in a cursive script, likely from the 18th or 19th century. The text is written in dark ink on aged, slightly discolored paper.]*

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Symptomatic Diarrhoea is produced by other diseases, as  
fever, Rheumatism, Plethoria Pulmonalis, &c.

Symptoms These are, a murmuring noise, and flat-  
ulence in the intestines, accompanied by a sense of weight, and  
uneasiness in the lower part of the belly, usually preceding each  
discharge. The stools are thinner, more copious, and the desire to  
evacuate them more frequent, than in health. As the disease ad-  
vances the stomach becomes affected, and nausea, sickness, and vomiting  
sometimes occur, the skin becomes dry, the countenance pale, and de-  
jected, and when it continues violent for any length of time,  
great prostration of strength, and emaciation of the body, are its  
invariable concomitants.

In commencing the treatment of this disease, two indi-  
cations always present themselves. The first is to remove the  
morbid causes. The second to check intestinal action, by allay-  
ing irritation, and imparting tone to the bowels.

In order to meet these indications, it is the practice of  
many Physicians to administer a purge. Dr Chapman, & others  
however, think that an emetic should always precede the pur-  
gative; after they have sufficiently evacuated the stomach, and

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intestines, it is usual, to administer some Diaphoretic medicine, in which Opium should always be an ingredient. If any fever exists, emsection should be resorted to. This, in general, aided by some of the astringent medicines is applicable to most of the simple forms of the disease.

But when it proceeds from debility, or relaxation of the alimentary canal, which form is most commonly to be met with among persons, who, from extreme old age, or other causes, are emaciated, and infirm; a different plan of treatment is necessary. Here the various Tonics and astringent medicines are, alone to be administered.

Among the first of these is the Galls either alone, or in combination, the latter made according to the following formula is most highly recommended by Dr Chapman,

R. Strong infusion of galls ℥iv

prepared chalk ℥iij

Laudanum ——— ℥i m. The dose of

this mixture, is, a table spoonful every two, or three hours.

The seat of the vegetable astringents to the galls is Rhus, which may be used either in substance, in watery infusion, or in tincture

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Most practitioners prefer giving it in the evening, but to keep  
from the function given in the afternoon to the anorexia  
is decidedly better.

Op. Tinct. of Kino, and

peruvian bark aa ʒ iv

q. s. to make

water

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The dose the same

as the above preparation.

It is an adjuvant in the cure of the disease. The op-  
erative has been much employed by the physicians of this city. It  
is given in the form of a wine or tincture, the dose ʒ i to ʒ ii  
about every four or five hours, and in some very severe cases  
more frequently.

With respect to the action of this medicine we have  
several which are remarkably marked in the case under consideration.  
1. First the Lungs are decidedly the most affected, it is given  
in strong decoction of the root in cases of a cold cough every  
two or three hours.

The value of this plant is much more extensive  
in several cases, which will be found to give in the case above



And I know an early gentleman in Virginia who had for a  
many years been afflicted with this disease, and after having tried  
in the various ways recommended in this case in vain was completely  
cured by a decoction of this valuable plant. The plant is highly  
thought of by Dr Chapman whose opinion is always entitled to the  
most respect, and under his recommendation even the most  
scurvy is cured with its bark. I should administer it with the most  
vigilant watchfulness.

The Blackberry is a remedy of nearly equal value  
to the preceding one is used in the same manner.

The next of our indigenous plants to the above is the  
Cranberry or called by the Indians. This has been much used, and  
is much esteemed by the New England Practitioners. This remedy  
has never been used, tho' I have no doubt of its efficacy. The root  
is the part used, and is prepared by being boiled in milk. The dose  
is the infusion is a little less than the preceding one.

Some of the indigenous ingredients are of great  
utility in curing the venereal disease, the preparations  
of each but as they are more respectable I cannot mention them  
I shall defer saying any thing about them until I have

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 2. *Loxia*  
 3. *Spizella*  
 4. *Junco*  
 5. *Corvus*  
 6. *Geococcyx*  
 7. *Colinus*  
 8. *Meleagris*  
 9. *Phasianus*  
 10. *Perdix*  
 11. *Lophophanes*  
 12. *Caprimulgus*  
 13. *Struthio*  
 14. *Phalaropus*  
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the treatment of that form of the disease.

When the disease arises from excessive perspiration  
in consequence of exposure to cold, or from some other cause, it is  
to restore the excretaneous action. It is then to use the sudorific  
doses of Spiritac: or of some of the antimonial preparations such as  
Troch. Emetic; pulvis antimonialis &c. which are very  
or these means are highly recommended by Dr. Thomas.

Dr. Hapman however proposes giving that spiritus in smaller  
and less frequent doses, as aided by the warm bath. As part  
of the same treatment one must be most vigilant, Dr. Hapman  
would be well that the action in the stomach & the bowels. It is well  
in a uniform degree of warmth and, perhaps, over the middle of  
the abdomen which is highly necessary. I should not use  
as a substitute to the warm bath, procuring any heat, and  
its long and frequent, which it is quite impossible to procure.  
If the warm bath would not act on the patient, one may use  
various other means, such as the use of the warm bath, or the  
various remedies. I should be very cautious, when pro-  
hibiting the use of the warm bath, as the stomach is irritable the  
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they are administered when they set on in the stomach. These remedies when aided by a plentiful use of the diluent and remollient beverages such as barley water, linseed tea rice water, toast water, &c. hardly ever fail to effect a cure.

If acidity in the alimentary canal be the cause of the disease, which is known by frequent eructations of air, defining a hot, and disagreeable sensation upon the fauces and mouth, rippling pains in the bowels with discharges which occasion a not unvarying sensation at the summit of the rectum. The absorbent medicines joined with opiate are to be used. Here the cretaceous pulap joined with Laudanum and given in such doses, as that each, may contain 8 or 10 drops of Laudanum is very beneficial.

In this case lime water either alone, or in combination with new milk or yeast, expressions has been of great service.

The Alkalies, are recommended, and from their action on acids I should suppose, are of utility. The salt of Tartar is the one generally employed, and is given in a little both in frequent doses.

It is sometimes produced by the sudden disappearance of some cutaneous eruption. The cure here consists in resto

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ing it to the surface. in order to do this Diaphoretics should  
be resorted to and employed as was stated in the case of checked  
respiration. Spiced brandy, when there are no other symp-  
toms, is sometimes of service here. *Ad caecum*

If expelled from the cause of the disease, the cure  
must be effected, by recalling it to the extremities. In cases  
of this kind, a cathartic should be used to the best  
such as Elixir, sinapisms, &c. If the disease is  
obstinate, astrinents in combination with green vitriol  
acid, these must in doses are Admin in doses of from V to X gr  
or in doses of from X to XX gr of the substance, and the Sul-  
phuric acid in doses of from 2 to 3 grs with 1/2 a grain of opium,  
and repeated if necessary every 2 or 3 hours. Here a strong deco-  
ction of the L'uo berry will be found beneficial. If the disease  
continues to recur, a grain incoction must be resorted to.

If an evolution from Contusion is the cause of the  
disease, it may be suffered to continue unless it produces great debility,  
in which case Jums should be sacrificed, and where the discharges  
are very copious some of the astringent medicines should be resorted  
to. The best of these is the L'uo berry.

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If it is produced by Worms, the anthelmintic medicines are to be administered. These the only, the adonitidum in the female is a kind of opium having with calomel a bloodletting is the most efficacious mode of treating the complaint.

As this disease attacks pregnant women it is to be considered as venereal with caution, and the most prudent measures must not be taken to drive it down. Hence the Cherry will be found of great importance, notwithstanding the other antivenereal is more proper. It should be followed up some tonic medicine as the Peruvian Bark &c. in order to strengthen the bowels against a relapse of the disease.

Sometimes it arises from a diseased state of the uterus, in this case the antivenereal & Mercurial will be found more successful in combating the disease.

Where the disease originates in a chronic state and is more or less connected with a diseased state of the chloretic mass. Attention must be paid to the state of the system. Whatever may be the cause from which it proceeds if there is a tense and corded habit as is most commonly the case, venesection should be resorted to. The efficacy of this practice experience has taught and is confirmed.

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in the appearance of a diminution however of debility. For as  
one bleeding always sufficient, as long as the condition of the system,  
and the strength of the patient will allow, the remedy should be  
repeated. Let warm drinks in such cases, put out order that  
it may consist of 4 to 6 pint of 5 or 2° wine over it add spiritus  
for each (VI) or VIIj  $\frac{3}{4}$  of blood let out. In some cases of real  
acute stasis of the bowels should be given from three times a week.  
I have sometimes given 1/2 dram of castor oil by this means and seen  
good effects. It is such they are undoubtedly beneficial, but they  
induct a new train of actions, remove the morbid operations on  
which the disease depends, and renovates the circulation of the whole  
alimentary canal.

After the desired effects of the above remedies have been produced,  
the following prescription is of great use

R Rhubarb xxx grs

peac: x grs

q. s. V grs The whole to be made into

X lozenges one of which should be given every two or three times ac-  
cording the age at which it is given to bed x grs of Dover's powder should  
be given and its operation promoted by the use of a warm

I have  
the honor  
to acknowledge  
the receipt  
of your letter  
of the 10th inst.  
and in reply  
to inform you  
that I have  
been directed  
to forward  
you the same  
as soon as  
possible.

Yours very truly,  
J. H. P.



beverages.

It is to be a water, even the use of the rose in both  
in this disease. But this should be rendered stimulating  
by the addition of camomile flowers, mint leaves or common salt.

Dr Chapman states that he has frequently known a bath of  
trine cure Chronic Diarrhoea. This should be employed just before  
going to bed, and after the patient has entered bed he should be  
rubbed with a flesh brush until a glow is diffused over the  
whole body.

If the remedies above enumerated should prove ineffectual  
measures should be had to remove the combined tone of Opium.  
This medicine is peculiarly adapted to the present case. It is  
administered here with a view of its tonic effect. The following  
mixture is very good 10000 grs of Opium combined with 1/2 a grain  
of Hyacinth may be given 3 or 4 times during the 24 hours, in  
some cases a small quantity of Glucose may be added with an  
equivalent quantity of the other ingredients. The bowels have  
suffered by gripings.

Opium combined with White oil of in the shape of  
the oil of the solution has been very much extolled by Dr. Thomson, and

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thought highly of by many other practitioners in this case. The use of this mixture is from a teaspoonful to 3j every six hours. If much evacuation should be wished, diminish the quantity of Alum and increase that of the white vitriol & vice versa.

The Alum and white vitriol are sometimes given in equal proportions, and with the most beneficial effects.

The above Anuscriptious Remedy continued for a great length of time in order to prove benevolent. If vomiting be wished Chamomile tea should be employed along with it. If too much nausea is produced by the Medicine the dose must be diminished. If griping, or purging when not wished should be effected by the remedy, opium should be used to subvert it. The learned Dr. Mead says of the remedy. Dr. Sympson thinks well of the medicine. He is experienced with it has seen limited. He states that it is so nauseous a draught that few persons can continue it long enough to receive the full effects of it.

If the remedies enumerated above should not succeed, Mercury should be resorted to. This remedy is of vast importance where the chyliferous viscera are in a diseased state, and even where this is not the case, the remedy by producing a new train of actions.

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proves of great benefit. The alteration has effect very often in cases  
 of the lungs; the remedy, if however it should not be suf-  
 ficient to moderate should be pushed to a moderate stimulation.

The next remedy to be considered, is the use of Blisters  
 these are highly recommended by all Practitioners. They may  
 be applied to either of the sides of the chest. I cannot  
 here describe application, just to the surface, and to the  
 chest increased their efficacy considerably. To obtain this  
 effect they should be continued for a longer time.

There are two means of resolution or by withdrawing  
 the disease from the surface to the interior, and as Dr. Symp-  
 son says the surface of the body, and the vessels are con-  
 sidered as, however, by creating irritation on the skin  
 it will remove our vitality the tissues of the atmosphere  
 which we are connected by or depend on in relation to that  
 world.

In all untoward cases of pneumonia the course at  
 first is to, give it fully, and if there the distress is con-  
 sidered to last the course is to get more and more.  
 The dose may be gradually increased until it amounts to

July 1

Grass,

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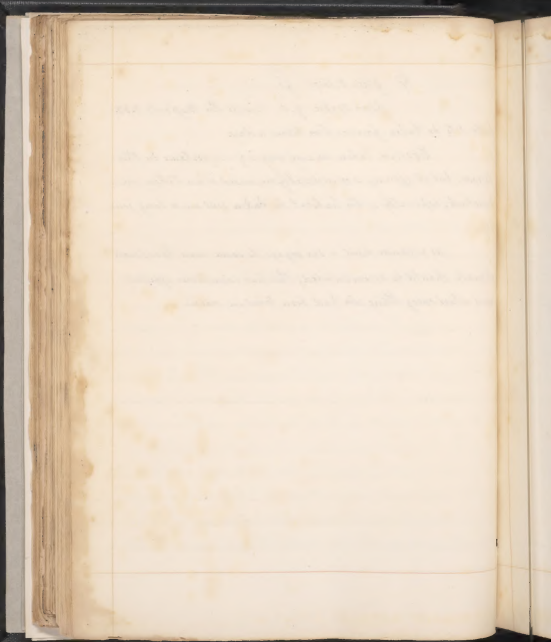
Grass,

R<sup>x</sup> Gum bitriol ℥i

Gum arabic q. s. Divide the Mapiels XXX  
pills, 1 to be taken four, or five times a day.

Exercise taken in any way is of importance in this  
disease, but its efficacy is considerably increased when taken on  
horseback, especially if the patient be ~~to~~ sent on a long jour-  
ney.

As a dernier resort, a sea voyage to some more temperate  
climate should be recommended, this has sometimes effected  
cures where every thing else had been tried in vain.





James M. Smith

1830

1830

Samuel Walter Washington  
Virg<sup>a</sup>

admitted March 2d - 1820 -

S. W. Washington

Manassas Hotel

corner of 9<sup>th</sup> and March

Sam<sup>l</sup> Walter

Virg<sup>a</sup>